



Calorie Counter

Food item	TotalCarbs	Fiber	NetCarbs	Fat	Protein	Calories
CHEESES						
1.00 piece American Cheese, 2/3 oz. slice	0.3	0	0.3	6.6	4.7	79
2.00 tbs Blue Cheese, crumbled	0.4	0	0.4	4.8	3.6	60
2.00 tbs Cheddar Cheese-Shredded	0.2	0	0.2	4.7	3.5	57
2.00 tbs Cream Cheese	0.8	0	0.8	10.1	2.2	101
0.50 cup Creamed Cottage Cheese-Small Curd	2.8	0	2.8	4.7	13.1	109
2.00 tbs Feta Cheese, crumbled	0.8	0	0.8	4.0	2.7	49
2.00 tbs Fontina Cheese-Shredded	0.2	0	0.2	4.2	3.5	53
2.00 tbs Goat Cheese-Soft Type	0.3	0	0.3	6.5	5.7	82
1.00 oz-wt Mascarpone Cheese	0.6	0	0.6	13.2	2.0	126
2.00 tbs Monterey Jack Cheese-Shredded	0.1	0	0.1	4.3	3.5	53
2.00 tbs Mozzarella Cheese-Shredded	0.3	0	0.3	3.1	2.7	40
2.00 tbs Muenster Cheese-Shredded	0.2	0	0.2	4.2	3.3	52
2.00 tbs Parmesan Cheese-Shredded	0.3	0	0.3	2.7	3.8	42
1.00 oz-wt Provolone Cheese-Diced	0.6	0	0.6	7.5	7.3	100
0.25 cup Ricotta Cheese-Whole Milk	1.9	0	1.9	8.0	6.9	107
2.00 tbs Swiss Cheese-Shredded	0.5	0	0.5	3.7	3.8	51
MILK, CREAM & BUTTER						
1.00 tsp Butter	0.0	0	0.0	3.8	0.0	34
1.00 cup Buttermilk, 1% lowfat	13.0	0	13.0	2.5	9.0	110
2.00 tbs Half and Half Cream	1.0	0	1.0	3.0	1.0	40
2.00 tbs Heavy Whipping Cream	0.8	0	0.8	11.0	0.6	103
1.00 cup Milk, 2%	11.7	0	11.7	4.7	8.1	121
1.00 cup Milk, Whole	11.4	0	11.4	8.1	8.0	150
2.00 tbs Sour Cream	1.2	0	1.2	6.0	0.9	62
1.00 tsp Whipped Butter	0.0	0	0.0	2.6	0.0	23
1.00 cup Yogurt, lowfat, plain	17.2	0	17.2	3.8	12.9	155
1.00 cup Yogurt, whole milk, plain	11.4	0	11.4	8.0	8.5	150

**1 Tip
for
Weight Loss:**



Lose inches off your stomach
every month by changing
3 things you eat.

**CLICK
HERE**

BEEF & VEAL

6.00 oz-wt Beef Brisket	0.0	0	0.0	43.2	41.8	569
6.00 oz-wt Beef Chuck	0.0	0	0.0	31.6	50.1	498
6.00 oz-wt Beef Eye Round	0.0	0	0.0	24.0	45.2	410
1.00 oz-wt Beef Jerky	3.1	0.5	2.6	7.3	9.4	116
6.00 oz-wt Beef Short Ribs	0.0	0	0.0	71.4	36.7	801
6.00 oz-wt Beef Tenderloin	0.0	0	0.0	41.8	40.7	551
6.00 oz-wt Beef, Ground, Chuck	0.0	0	0.0	44.0	38.9	562
6.00 oz-wt Beef, Ground, Round	0.0	0	0.0	28.1	46.7	454
6.00 oz-wt Calf Liver	10.4	0	10.4	9.9	40.5	304
6.00 oz-wt Chuck Eye Steak	0.0	0	0.0	41.1	46.2	568
6.00 oz-wt Corned Beef Brisket	0.3	0	0.3	33.8	33.3	449
6.00 oz-wt Cubed steak	0.0	0	0.0	8.3	53.9	306
2.00 oz-wt Frankfurter, Beef	1.1	0	1.1	16.6	7.2	185
6.00 oz-wt Ground Veal	0.0	0	0.0	12.9	41.5	293
6.00 oz-wt BeefSteak-Brd	0.0	0	0.0	11.8	36.0	261
6.00 oz-wt Prime Rib	0.0	0	0.0	56.4	36.9	667
6.00 oz-wt Rib Eye Roast	0.0	0	0.0	37.8	42.4	522

Portion

6.00 oz-wt Rib Eye Steak	0.0	0	0.0	19.9	47.7	383
6.00 oz-wt Roast Beef, Deli	2.3	0	2.3	5.2	34.3	193
6.00 oz-wt Shell Steak	0.0	0	0.0	21.3	64.9	469
6.00 oz-wt Sirloin Steak	0.0	0	0.0	13.6	51.7	344
6.00 oz-wt Skirt Steak	0.0	0	0.0	54.7	61.6	758
6.00 oz-wt Top Loin	0.0	0	0.0	12.1	51.0	327
6.00 oz-wt Top Sirloin	0.0	0	0.0	30.4	44.2	463
6.00 oz-wt Veal Arm Shoulder	0.0	0	0.0	13.1	40.4	291
6.00 oz-wt Veal Breast	0.0	0	0.0	33.5	39.6	472
6.00 oz-wt Veal Cutlet	0.0	0	0.0	30.4	53.4	502
6.00 oz-wt Veal Loin	0.0	0	0.0	30.4	53.4	502
6.00 oz-wt Veal Rib Chop	0.0	0	0.0	22.2	38.0	362
6.00 oz-wt Veal Round Steak	0.0	0	0.0	7.0	47.6	265
6.00 oz-wt Veal Scallops	0.0	0	0.0	6.3	52.2	279
6.00 oz-wt Veal Shank	0.0	0	0.0	7.9	43.4	256
6.00 oz-wt Veal Stew Meat	0.0	0	0.0	13.4	40.2	292

LAMB

6.00 oz-wt Ground Lamb	0.0	0	0.0	30.3	38.2	436
6.00 oz-wt Lamb Rib Chops	0.0	0	0.0	50.3	37.6	614
6.00 oz-wt Lamb Shoulder	0.0	0	0.0	12.6	46.2	312
6.00 oz-wt Lamb Stew Meat	0.0	0	0.0	15.0	57.3	379
6.00 oz-wt Leg of Lamb, bone in	0.0	0	0.0	8.2	30.0	203
6.00 oz-wt Rack of Lamb, bone in	0.0	0	0.0	9.9	19.5	173

POULTRY

6.00 oz-wt Chicken Breast Cutlet	0.0	0	0.0	12.7	48.7	322
6.00 oz-wt Chicken Breast, boneless	0.0	0	0.0	12.7	48.7	322
1.00 each Chicken leg	0.0	0	0.0	15.4	29.7	265
1.00 each Chicken Thigh	0.0	0	0.0	9.6	15.5	153
6.00 oz-wt Chicken Thigh, boneless	0.0	0	0.0	34.6	39.2	479
6.00 oz-wt Chicken Thigh, skinless,boneless	0.0	0	0.0	8.9	44.6	270
1.00 each Chicken Wing	0.0	0	0.0	6.6	9.1	99
6.00 oz-wt Chicken, ground	0.0	0	0.0	22.5	40.2	374
6.00 oz-wt Chicken, roasted, chopped	0.0	0	0.0	12.6	49.2	323
6.00 oz-wt Chicken, whole	0.1	0	0.1	14.7	29.8	260
2.00 oz-wt Chicken/turkey sausage	0.3	0	0.3	6.4	9.6	97
6.00 oz-wt Cornish Game Hen	0.0	0	0.0	26.1	31.9	372
6.00 oz-wt Duck breast, skinless	0.0	0	0.0	9.6	45.0	279
6.00 oz-wt Duck, whole	0.0	0	0.0	89.2	26.1	916
6.00 oz-wt Goose, whole	0.0	0	0.0	23.6	27.1	329
6.00 oz-wt Turkey breast cutlet	0.0	0	0.0	1.5	59.3	266
6.00 oz-wt Turkey Breast, skinless,boneless	0.0	0	0.0	1.5	59.3	266
6.00 oz-wt Turkey, ground	0.0	0	0.0	21.2	44.1	378
6.00 oz-wt Turkey, whole	0.1	0	0.1	12.2	36.1	264

PORK

3.00 piece Bacon	0.1	0	0.1	9.4	5.8	109
3.00 piece Canadian Bacon	0.9	0	0.9	5.9	16.9	129
6.00 oz-wt Ground Pork	0.0	0	0.0	33.4	41.4	478
6.00 oz-wt Ham, boneless	0.0	0	0.0	15.3	38.5	303
2.00 oz-wt Kielbasa	0.8	0	0.8	17.2	7.6	191
1.00 oz-wt Pancetta	0.2	0	0.2	14.0	8.6	163
6.00 oz-wt Pork Chop, center cut	0.0	0	0.0	9.7	34.9	237
2.00 oz-wt Pork frankfurter	1.4	0	1.4	16.5	6.4	181
6.00 oz-wt Pork Loin Chops	0.0	0	0.0	32.4	27.9	412
6.00 oz-wt Pork Loin Roast	0.0	0	0.0	19.7	36.4	333
6.00 oz-wt Pork loin, boneless	0.0	0	0.0	24.9	46.1	422
2.00 each Pork Sausage	2.0	0	2.0	34.4	26.8	433
6.00 oz-wt Pork Spareribs	0.0	0	0.0	51.5	49.4	675
6.00 oz-wt Pork Tenderloin	0.0	0	0.0	8.2	47.9	279
6.00 oz-wt Prosciutto	0.9	0	0.9	13.0	37.4	281

LUNCH MEATS

3.00 oz-wt Beef Bologna	0.7	0	0.7	24.2	10.4	265
3.00 oz-wt Beef Salami	2.4	0	2.4	17.6	12.8	223
3.00 oz-wt BeefPastrami	2.6	0	2.6	24.8	14.7	297
3.00 oz-wt Deli ham	1.5	0	1.5	2.3	13.7	91
3.00 oz-wt Pork Bologna	0.6	0	0.6	16.9	13.0	210
3.00 oz-wt Pork Salami	1.4	0	1.4	28.7	19.2	346
3.00 oz-wt Turkey Bologna	0.8	0	0.8	12.9	11.7	169
3.00 oz-wt Turkey Breast	0.0	0	0.0	6.0	21.3	162
3.00 oz-wt Turkey Roll	0.5	0	0.5	6.1	15.9	125

SEAFOOD

1.00 oz-wt Anchovies in Oil-Cnd-Drained	0.0	0	0.0	2.8	8.2	60
6.00 oz-wt Bluefish	0.0	0	0.0	9.3	43.7	270
6.00 oz-wt Catfish	0.0	0	0.0	17.2	35.3	306
6.00 oz-wt Clams, canned	8.7	0	8.7	3.3	43.5	252
6.00 oz-wt Cod	0.0	0	0.0	1.5	38.8	179
6.00 oz-wt Conch	26.4	0	26.4	1.4	81.1	468
6.00 oz-wt Crab, steamed	0.0	0	0.0	3.0	34.4	174
6.00 oz-wt Halibut	0.0	0	0.0	5.2	47.2	249
6.00 oz-wt Lobster meat	2.2	0	2.2	1.0	34.9	167
6.00 oz-wt Mackerel	0.0	0	0.0	0.3	40.6	446
6.00 oz-wt Mahi mahi	0.0	0	0.0	1.6	42.0	193
6.00 oz-wt Mussels	8.4	0	8.4	5.1	27.0	195
6.00 oz-wt Oysters	12.5	0	12.5	3.5	11.8	134
6.00 oz-wt Salmon steak	0.0	0	0.0	24.6	45.1	415
6.00 oz-wt Salmon, smoked	0.0	0	0.0	7.3	31.1	199
6.00 oz-wt Scallops	3.9	0	3.9	5.4	27.7	182
6.00 oz-wt Shrimp	0.0	0	0.0	1.8	35.6	168
6.00 oz-wt Snapper	0.0	0	0.0	3.0	46.5	227
6.00 oz-wt Squid	7.0	0	7.0	3.1	35.3	209
6.00 oz-wt Trout	0.0	0	0.0	12.2	41.3	287
6.00 oz-wt Tuna filet	0.0	0	0.0	2.2	53.0	245
6.00 oz-wt Tuna, canned, oil packed	0.0	0	0.0	14.0	49.6	337
6.00 oz-wt Tuna, canned, water packed	0.0	0	0.0	1.4	43.4	197

EGGS

1.00 each Egg White	0.3	0	0.3	0.0	3.5	17
1.00 each Egg Yolk	0.3	0	0.3	5.1	2.8	59
1.00 each Egg, whole	0.6	0	0.6	5.3	6.3	78

FATS, OILS & DRESSINGS

1.00 tsp Mayonnaise	0.1	0	0.1	3.7	0.1	33
1.00 tsp Olive Oil	0.0	0	0.0	4.5	0.0	40
2.00 tbs Salad Dressing, blue cheese	2.3	0.2	3	16.0	1.5	154
2.00 tbs Salad Dressing, caesar	0.6	0.1	0.5	10.5	2.8	107
2.00 tbs Salad Dressing, Italian	3.0	0	3.0	14.2	0.2	137
2.00 tbs Salad Dressing, ranch	1.4	0	1.4	11.3	0.9	109
2.00 tbs Salad Dressing, thousand island	4.8	0	4.8	11.2	0.3	118
1.00 tsp Sesame Oil	0.0	0	0.0	4.5	0.0	40

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BEANS

0.50 cup Baby Lima Beans	21.2	7.0	14.2	0.3	7.3	115
0.50 cup Black Beans	20.4	7.5	12.9	0.5	7.6	114
0.50 cup Blackeyed Peas	17.9	5.6	12.3	0.5	6.6	100
0.50 cup CA Red Kidney Beans	19.8	8.2	11.6	0.1	8.1	110
0.50 cup Chickpea/Garbanzo Beans	22.5	6.2	16.2	2.1	7.3	134
0.50 cup Lentils	19.9	7.8	12.1	0.4	8.9	115
0.50 cup Navy Beans	23.9	5.8	18.1	0.5	7.9	129
0.50 cup Soybeans	9.9	3.8	6.2	5.8	11.1	127

NUTS & SEEDS

2.00 tbs Almonds, whole	3.6	2.2	1.4	8.9	3.7	106
6.00 each Chestnuts, roasted	26.7	2.6	24.2	1.1	1.6	124
2.00 tbs Hazelnuts, Whole	2.8	1.6	1.2	10.3	2.5	106
2.00 tbs Macadamia Nuts	2.3	1.4	0.9	12.7	1.3	120
2.00 tbs Peanut Butter, regular	6.2	1.9	4.3	16.3	8.1	190
2.00 tbs Peanuts	3.4	1.7	1.8	8.9	4.7	105
2.00 tbs Pecans, chopped	2.1	1.4	0.6	10.7	1.4	103
2.00 tbs Pine Nuts	2.4	0.8	1.7	8.6	4.1	96
2.00 tbs Pistachio Nuts	4.7	1.6	3.1	6.9	3.3	88
2.00 tbs Pumpkin Seeds	3.1	0.7	2.4	7.9	4.2	93
2.00 tbs Sunflower Seeds	3.4	1.9	1.5	8.9	4.1	103
2.00 tbs Walnuts, halves	1.7	0.8	0.9	8.2	1.9	82

BAKING PRODUCTS

2.00 tbs All Purpose White Flour	11.9	0.4	11.5	0.2	1.6	57
0.50 tsp Baking Powder	0.6	0.0	0.6	0.0	0.0	1
0.50 tsp Baking Soda	0.0	0.0	0.0	0.0	0.0	0
0.50 tsp Cinnamon	0.9	0.6	0.3	0.0	0.0	3
0.50 tsp Cocoa Powder, unsweetened	0.5	0.3	0.2	0.1	0.2	3
2.00 tbs Coconut Milk-Canned	0.8	0.3	0.5	6.0	0.6	5
1.00 each Gelatin, unsweetened	0.0	0.0	0.0	0.0	6.0	23
1.00 tbs Molasses	12.5	0.0	12.5	0.0	0.0	48
1.00 tsp Sugar, brown	4.5	0.0	4.5	0.0	0.0	17
1.00 tsp Sugar, white	4.2	0.0	4.2	0.0	0.0	16

GRAINS

2.00 tbs Cornmeal	11.7	1.1	10.6	0.5	1.2	55
0.50 cup Couscous-Cooked	18.2	1.1	17.1	0.1	3.0	88
0.50 cup Millet-Cooked	28.4	1.6	26.8	1.2	4.2	143
2.00 tbs Oat Bran-Dry	7.8	1.8	6.0	0.8	2.0	29
0.50 cup Pearled Barley-Cooked	22.2	3.0	19.2	0.3	1.8	97
0.25 cup Quinoa Grain-Dry	29.3	2.5	26.8	2.5	5.6	159
0.50 cup Rice, brown, cooked	22.4	1.8	20.6	0.9	2.5	108
0.50 cup Rice, white, cooked	22.3	0.3	21.9	0.2	2.1	103

CEREALS

1.00 cup Corn Flakes	24.2	0.8	23.4	0.2	1.8	102
0.50 cup Cream of Rice Cereal-Cooked	13.9	0.1	13.8	0.1	1.1	63
0.50 cup Oatmeal-Cooked	12.6	2.0	10.6	1.2	3.0	73
1.00 cup Puffed Wheat Cereal	11.1	0.6	10.5	0.2	2.1	51
1.00 cup Raisin Bran	47.1	8.2	38.9	1.5	5.6	186
1.00 cup Rice Krispies	22.8	0.3	22.5	0.3	1.7	100

PASTA

0.50 cup Noodles, egg, cooked	19.9	0.9	19.0	1.2	3.8	106
0.50 cup Pasta, spinach, cooked	18.3	2.5	15.9	0.4	3.2	91
0.50 cup Pasta, whole wheat, cooked	18.6	2.0	16.6	0.4	3.7	87
0.50 cup Pasta/Noodles, dry, cooked	19.8	1.2	18.6	0.5	3.3	99

BREADS, ROLLS & CRACKERS

1.00 each Bagel, 2 1/2 oz	38.0	1.7	36.3	1.1	7.5	195
1.00 each Blueberry Muffin, 2 oz	27.4	1.5	25.9	3.7	3.1	158
1.00 each Bran Muffin, 2 oz	23.8	4.0	19.8	7.3	4.0	164
5.00 each Crackers, butter-type	51.4	1.5	49.8	18.3	5.8	393
1.00 each Croissant	27.0	0.0	27.0	17.0	4.0	270
1.00 each English Muffin	26.0	1.5	24.5	1.0	4.4	133
1.00 piece Rye Bread	15.5	1.9	13.6	1.1	2.7	83
1.00 each Tortillas, flour, 8"	25.3	0.0	25.3	3.1	4.4	146
1.00 piece White Bread	14.9	0.7	14.2	1.1	2.5	80
1.00 piece Whole grain bread	11.8	1.1	10.7	1.0	2.3	65

PANCAKES, WAFFLES & FRENCH TOAST

1.00 piece French Toast-Frozen	18.9	0.7	18.3	3.6	4.4	126
1.00 each Pancakes-Homemade 6"	21.8	1.1	20.7	7.5	4.9	175
1.00 each Waffles-Frozen-4" square	13.5	0.8	12.7	2.7	2.1	88
1.00 each Waffles-Homemade-7" diam	24.7	1.1	23.6	10.6	5.9	218

GRAVIES & SAUCES

2.00 tbs Barbecue Sauce	4.0	0.4	3.6	0.6	0.6	23
0.25 cup Gravy, canned	3.2	0.2	3.0	3.4	1.1	47
2.00 tbs Hollandaise Sauce	0.3	0.0	0.3	9.1	1.0	85
0.25 cup Spaghetti/Marinara Sauce	5.1	1.0	4.1	1.3	0.9	36
2.00 tbs Tartar Sauce	1.2	0.1	1.1	16.4	0.4	149
0.25 cup Tomato Sauce	4.4	0.9	3.5	0.1	0.8	1

ALCOHOL

12.00 fl oz Beer	13.2	0.7	12.5	0.0	1.1	146
1.00 fl oz Bourbon-80 Proof	0.0	0.0	0.0	0.0	0.0	64
1.00 oz-wt Gin-80 Proof	0.0	0.0	0.0	0.0	0.0	65
4.00 fl oz Medium White Wine	0.9	0.0	0.9	0.0	0.1	80
4.00 fl oz Red Wine	2.0	0.0	2.0	0.0	0.2	85
1.00 oz-wt Rum-80 Proof	0.0	0.0	0.0	0.0	0.0	65
1.00 oz-wt Tequila-80 Proof	0.0	0.0	0.0	0.0	0.0	65
1.00 oz-wt Triple Sec Liqueur-1 Shot	12.5	0.0	12.5	0.1	0.0	100
1.00 oz-wt Vodka-80 Proof	0.0	0.0	0.0	0.0	0.0	65
1.00 oz-wt Whiskey-80 Proof	0.0	0.0	0.0	0.0	0.0	65

DESSERTS & PASTRIES

1.00 piece Cake, coffeecake, 2 oz slice	29.6	0.7	28.9	5.4	3.1	178
1.00 each Cookie, chocolate chip, 1/2 oz	10.3	0.2	10.0	4.1	0.9	79
1.00 each Cookie, oatmeal, 1/2 oz	12.4	0.5	11.9	3.3	1.1	81
1.00 each Doughnut, plain	19.0	1.0	18.0	11.0	3.0	180
0.50 cup Ice cream, chocolate	18.6	0.8	17.8	7.3	2.5	143
0.50 cup Ice cream, vanilla	15.6	0.0	15.6	7.3	2.3	133
1.00 piece Pie, apple, 1/8 of 9" pie	57.5	2.2	55.3	19.4	3.7	411
1.00 piece Pie, cherry, 1/8 of 9" pie	69.3	2.7	66.6	22.0	5.0	486

SNACKS

10.00 piece Potato Chips	10.6	0.9	9.7	6.9	1.4	107
10.00 piece Pretzels	47.5	1.9	45.6	2.1	5.5	229
10.00 piece Tortilla Chips	11.3	1.2	10.2	4.7	1.3	90

SOUPS

1.00 cup Broth, beef	1.0	0.0	1.0	1.4	4.8	38
1.00 cup Broth, chicken	1.5	0.0	1.5	1.5	3.1	31
1.00 cup Soup, cream of tomato	22.3	2.7	19.6	6.0	6.1	161
1.00 cup Soup, minestrone	11.2	1.0	10.3	2.5	4.3	82
1.00 cup Soup, onion	8.2	1.0	7.2	1.7	3.8	58
1.00 cup Soup, vegetable	19.0	1.2	17.8	3.7	3.5	122

CONDIMENTS

1.00 tbs Balsamic Vinegar	2.3	0.0	2.3	0.0	0.1	10
1.00 tbs Cider Vinegar	0.9	0.0	0.9	0.0	0.0	2
2.00 tbs Cranberry Sauce	13.5	0.3	13.1	0.1	0.1	52
1.00 tsp Dijon Mustard	0.6	0.1	0.5	0.5	0.3	6
1.00 each Dill Pickle	2.7	0.8	1.9	0.1	0.4	12
1.00 tbs Ginger, Root Slices	0.9	0.1	0.8	0.0	0.1	4
1.00 tsp Honey	5.8	0.0	5.8	0.0	0.0	21
1.00 tsp Jam	4.6	0.1	4.5	0.0	0.0	19
5.00 each Olives, green	2.5	0.0	2.5	5.0	0.0	50
1.00 tbs Pesto Sauce	1.0	0.4	0.6	7.1	2.8	78
1.00 tbs Soy sauce	1.0	0.1	0.9	0.0	1.9	11
1.00 tbs White Wine Vinegar	1.5	0.0	1.5	0.0	0.0	5
1.00 tsp Worcestershire Sauce	0.9	0.0	0.9	0.0	0.0	4

HERBS

1.00 tbs Basil, fresh	0.1	0.1	0.0	0.0	0.1	1
1.00 tbs Chives, fresh	0.1	0.1	0.1	0.0	0.1	1
1.00 tbs Cilantro (Chinese Parsley)	0.1	0.1	0.0	0.0	0.1	1
1.00 tbs Dill, fresh	0.0	0.0	0.0	0.0	0.0	0
1.00 tbs Parsley, fresh	0.2	0.1	0.1	0.0	0.1	1

FRUIT & FRUIT JUICES

1.00 each Apple, medium	21.0	3.7	17.3	0.5	0.3	81
1.00 each Apricots, fresh	3.9	0.8	3.1	0.1	0.5	17
1.00 each Avocado	14.9	10.1	4.8	30.8	4.0	324
1.00 each Banana, small	23.7	2.4	21.2	0.5	1.0	93
0.25 cup Blackberries	4.6	1.9	2.7	0.1	0.3	19
0.25 cup Blueberries	5.1	1.0	4.1	0.1	0.2	20
0.25 cup Cherries	4.8	0.7	4.2	0.3	0.4	21
0.25 cup Cranberries, raw	3.0	1.0	2.0	0.0	0.1	12
0.25 cup Dates, chopped	32.7	3.3	29.4	0.2	0.9	122
1.00 each Figs, fresh	9.6	1.7	7.9	0.2	0.4	37
0.25 cup Grapes	7.1	0.4	6.7	0.2	0.3	28
0.50 cup Juice, apple	14.5	0.1	14.4	0.1	0.1	58
0.50 cup Juice, cranberry	18.2	0.1	18.1	0.1	0.0	72
0.50 cup Juice, grape	18.9	0.1	18.8	0.1	0.7	77
0.50 cup Juice, grapefruit	11.1	0.1	10.9	0.1	0.6	47
0.50 cup Juice, orange	13.4	0.2	13.2	0.1	0.8	56
1.00 each Kiwifruit	11.3	2.6	8.7	0.3	0.8	46
0.25 cup Mango	7.0	0.7	6.3	0.1	0.2	27
1.00 each Nectarine	16.0	2.2	13.8	0.6	1.3	67
1.00 each Orange	16.3	3.4	12.9	0.1	1.4	64
1.00 each Peach, medium	10.9	2.0	8.9	0.1	0.7	42
1.00 each Pear, medium	25.1	4.0	21.1	0.7	0.6	98
0.25 cup Pineapple	4.8	0.5	4.3	0.2	0.2	19
1.00 each Plums	8.6	1.0	7.6	0.4	0.5	36
0.25 cup Prunes	26.7	3.0	23.6	0.2	1.1	102
0.25 cup Raspberries	3.6	2.1	1.5	0.2	0.3	15
0.25 cup Strawberries	2.7	0.9	1.8	0.1	0.2	11
1.00 each Tangerine	7.8	1.6	6.2	0.1	0.4	31
0.25 cup Watermelon	2.8	0.2	2.6	0.2	0.2	12

**1 Tip
for
Weight Loss:**



**Lose inches off your stomach
every month by changing
3 things you eat.**

**CLICK
HERE**

VEGETABLES

1.00 each Artichoke	13.4	6.5	6.9	0.2	4.2	60
6.00 each Asparagus spears	3.8	1.4	2.4	0.3	2.3	22
0.50 cup Beans, green	4.9	2.0	2.9	0.2	1.2	22
0.50 cup Broccoli	3.9	2.3	1.7	0.3	2.3	22
6.00 each Brussels sprouts	10.9	3.3	7.6	0.6	3.2	49
0.50 cup Cabbage, green	1.9	0.8	1.1	0.1	0.4	8
1.00 each Carrots, medium	7.3	2.2	5.1	0.1	0.7	31
6.00 each Cauliflower	4.4	2.9	1.5	0.5	2.0	25
1.00 each Celery stalk	1.5	0.7	0.8	0.1	0.3	6
0.50 cup Corn	16.0	2.0	14.1	0.4	2.3	66
1.00 each Cucumber, English	4.0	1.1	2.8	0.3	0.9	19
0.50 cup Eggplant	3.3	1.2	2.0	0.1	0.4	14
0.50 cup Kale	3.7	1.3	2.4	0.3	1.2	18
1.00 each Leeks	12.6	1.6	11.0	0.3	1.3	54
1.00 cup Lettuce, butterhead	1.3	0.6	0.7	0.1	0.7	7
0.50 cup Mushrooms, fresh	1.4	0.4	1.0	0.1	1.0	9
1.00 each Onions	9.5	2.0	7.5	0.2	1.3	42
0.50 cup Peas, green	9.9	3.4	6.5	0.3	3.8	55
0.50 cup Pepper, green	4.8	1.3	3.4	0.1	0.7	20
0.50 cup Pepper, red	4.8	1.5	3.3	0.1	0.7	20
1.00 each Potato, sweet	22.4	3.1	19.2	0.1	1.8	95
0.50 cup Potato, white	15.4	1.5	13.9	0.1	1.4	66
0.50 cup Pumpkin	9.9	3.6	6.3	0.3	1.3	42
6.00 each Radishes	1.0	0.4	0.5	0.1	0.2	5
1.00 cup Spinach, raw	1.1	0.8	0.2	0.1	0.9	7
0.50 cup Squash, acorn	14.9	4.5	10.4	0.1	1.1	57
0.50 cup Squash, butternut	10.8	2.9	7.9	0.1	0.9	41
1.00 each Tomato, small	4.2	1.0	3.2	0.3	0.8	19
6.00 each Tomatoes, cherry	4.7	1.1	3.6	0.3	0.9	21
0.50 cup Tomatoes, chopped	3.5	0.8	2.6	0.2	0.6	16
0.50 cup Turnips	3.8	1.6	2.3	0.1	0.6	16
0.50 cup Waterchestnuts	8.7	1.8	7.0	0.0	0.6	35

Compliments of

Fatburn-secrets.com